Influenza

Two Simple Reasons to Prevent It…

> ➢ **Avoid Serious Illness…**

In the U.S. influenza puts about 200,000 people in the hospital each year. Children younger than 2 years old are as likely to be hospitalized as adults who are 65 or older.

> ➢ **Protect Other People...**

Many people are at high risk of severe complications or death from the flu. Each year over 36,000 people in the U.S. die because of the flu.

Several Ways to Protect Yourself and Others...

➢ **Get vaccinated!**

➢ **Clean your hands often.**

➢ **Cover your mouth and nose.**

➢ **Stay home when you are sick.**

➢ **Avoid close contact with others if sick, or with others who are sick.**

For more information on preventing the flu, contact the Gallatin City-County Health Department at 582-3100. Or, visit us on our website www.gallatin.mt.gov/health and click on *Public Health Information.*

Gallatin City-County Health Department

"Committed to the protection and promotion of public health"

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